



Are you concerned about
STROKE?
CANCERS?
HEART DISEASES?

Why do I need regular health checks?

Regular health checks can help identify early signs of health issues, thereby promoting preventive measures such as healthy lifestyle. They can also detect diseases in their early and reversible stages, reducing cost of treatment and improving chance of recovery.

How do I choose my package?

There is a wide range of health check services available in the market with examination items bundled up as packages to cater to specific patient profiles. These packages are often designed with convenience in mind; they help patients simplify the decision process. The best screening program is one that is tailored to your age, gender, lifestyle, family and medical history, current symptoms and specific health concerns. There is no one-size-fits-all approach to health, therefore, it is advised to discuss your needs with your family doctor for a personalized screening plan.

The more tests the better?

More tests do not equate to better care. Receiving tests that are not warranted by history and physical examination are not only costly but can also be counterproductive. Patients can be harmed both physically and psychologically from follow-ups of false positives. It is advised to discuss your needs with your family doctor for a personalized screening plan. Furthermore, it is imperative that your detailed medical report be reviewed with you during your follow-up consultation with your doctor, who will explain findings and provide recommendations based on your health status.

STRESS affects all of us. While stress is beneficial in small doses, too much stress can make you sick. Stress that is poorly managed can lead to the development of physical and mental disorders.

The first step in managing stress is recognizing the symptoms of stress, which may include ►



Binge Snacking
Chest pains,
rapid heartbeat
Short tempered

Lack of
concentration
or focus

Loss of appetite
Anxious
Difficulty staying asleep

Forgetting things

Upset
stomach

Symptoms can be vague and same as those caused by medical conditions. Therefore, it is advised to discuss them with your doctor for a personalized assessment to identify your stressors, determine the degree and type of stress you are experiencing and the effectiveness of your stress coping skills.

FATIGUE
Irritable
Headaches
NECK OR BACK PAIN
Insomnia

muscle tension